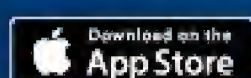


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CANADIANS AND COLORECTAL CANCER

Some 25,000 Canadians are diagnosed with colorectal cancer each year.

68 cases each day



When Canadians are asked to name the **3 DEADLIEST CANCERS**, 76% mention **lung cancer**, 63% say **breast cancer** and 38% **prostate cancer**.

IN FACT:

Colorectal cancer is the **2ND DEADLIEST**, after lung cancer.

Canadians think only **59%** of colorectal cancer cases can be cured if detected at an early stage.

IN FACT:
MORE THAN

90% OF CASES CAN BE CURED IF DETECTED EARLY.

30% of Canadians believe that colorectal cancer causes symptoms so the disease can be detected in its early stages without screening.

IN FACT: **SCREENING IS THE ONLY WAY TO DETECT COLORECTAL CANCER IN ITS EARLY STAGES.**

Canadians have a higher awareness of **BREAST CANCER** (66%) and **LUNG CANCER** (64%) than of **COLORECTAL CANCER** (43%).

IN FACT: **COLORECTAL CANCER ACCOUNTS FOR 13% OF ALL CANCERS**, almost the same incidence as lung cancer (14%) and of breast cancer (12%).

65% of Canadians don't know they should start **REGULAR SCREENINGS** for colorectal cancer **AT AGE 50**.

IN FACT: **MORE THAN 90% OF COLORECTAL CANCER CASES OCCUR AMONG CANADIANS**

50 OR OLDER

THERE REMAINS A CERTAIN TABOO ABOUT GETTING SCREENED FOR COLORECTAL CANCER, with about twice as many people saying they would be embarrassed to be screened for colorectal cancer (24%) as for skin cancer (13%) or breast cancer (13%).

When Canadians are asked to name the various risk factors for colorectal cancer, they rank:

1 Lifestyle (38%) **2** Heredity (30%) **3** Age (24%)

IN FACT: **LIFESTYLE AND AGE ARE THE MAIN FACTORS.** Heredity only accounts for between 10% and 20% of cases.

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Colorectal Cancer
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ANALYSIS

'So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget that they will be judged'

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COURTESY MARK STEPHENSON

Police to target 'double standard' at future hearings

MISCONDUCT

Public trust eroded if officers, not top brass, are investigated: Skof



Joe Lofaro
Metro | Ottawa

The head of the police union says he will underscore a perceived "double standard" within the ranks of the Ottawa Police Service when his officers are investigated for future misconduct after three independent bodies refused to investigate the force's top brass.

Ottawa Police Association president Matt Skof is pinning the move on the heels of a tumultuous week for Ottawa police.

To recap the events of last week: A veteran constable openly criticized Chief Charles Bordeleau and the "corrupt" police service in an internal email; the chairman of the Ottawa Police Services board told the media officer morale was not low, despite a 2015 survey saying otherwise; Skof called for the resignation

of chairman Eli El-Chantiry; Skof released a statement saying the Ontario Civilian Police Commission and the Office of the Independent Police Review Director declined to investigate allegations Bordeleau misled the board during discussions to have private security protect the Ottawa courthouse; El-Chantiry said he will not resign and said Skof's frustrations with police oversight in Ontario "are not solved by criticizing my leadership as chair."

In an interview Sunday, Skof said he was equally dismayed by the board's refusal to investigate a complaint after Bordeleau reportedly intervened in his father-in-law's traffic ticket.

The two cases create a "frustrating" double standard when police leadership will not be held accountable for their actions while officers are charged and sanctioned for similar conduct, he said, adding he will raise the issue at future Police Services Act hearings.

"Without the executive facing or looking at similar investigations there's going to be a continued erosion in public confidence," he said.

Skof said he does not intend to attend Monday night's police board meeting, but said he believes it will be "well-attended" in light of recent events.

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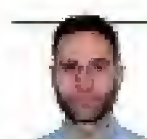
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Dim drivers told to lighten up

AUTOMOTIVE

Officer aims to clarify laws on tinting, fight sneaky cell use



Joe Lofaro
Metro | Ottawa

Sleek, tinted windows might increase the value of your car but soon they could increase your chances of getting a ticket.

Sgt. Mark Gatien with the Ottawa Police Traffic Enforcement and Escort Unit has been pushing for more than a year to change the laws surrounding tinted windows.

Similar to today's law in Quebec, Gatien wants officers to have the authority to ticket drivers of non-emergency vehicles whose windows in the driver's compartment let in less than 70 per cent of light.

The campaign, Gatien said, is about public safety. Not only would such a law make it easier for pedestrians to make eye contact with drivers when crossing the street, especially at night, but it would also help officers feel safe during traffic stops.

"If we approach a vehicle, and maybe the printout leads us to believe this might be a high-risk situation ... what's waiting for us behind the window?" said Gatien.

He said he is not aware of any incidents in which officers couldn't see a threat inside a vehicle: "I'd rather have zero incidents, and this is a step to-



Sgt. Mark Gatien tests a vehicle window with a photometric meter at the Leirtrim Road police station on Tuesday. **JOE LOFARO/METRO**

ward that."

Last week, Gatien said, one of his officers charged a driver after testing his car's tint, which was so dark only 14 per cent of the light came through.

"The cellphone laws have gone up to \$490 and three (demerit) points. People are getting desper-

ate ... (officers) are being told outright when (drivers) get a ticket, 'I'm going to tint my windows so you can't see me,'" said Gatien.

Every officer in the traffic unit has been carrying a photometric meter device, or tint meter, since last November. But even with a device, currently officers can only



Just because you bought it that way doesn't make it legal.

Sgt. Mark Gatien

use their discretion in choosing to lay a charge if they cannot see into the driver's compartment.

On Monday, the Ottawa Police Services Board will vote to have the chairman ask the transportation ministry for the amendments. Members will also vote to forward the recommendation to

the Ontario Association of Police Services Boards for consideration.

"The present wording is very open for interpretation and is based on the subjectivity of an officers' observations," reads a report to be tabled Monday. "This can lead to difficulties in getting convictions in court."



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It's all fun and gaming

COMPETITION

613smash takes over bar every Monday

Ashley Moffatt
For Metro | Ottawa

Playing video games isn't often considered a competitive athletic endeavour, but if you head down to the Blurry Pixel on Monday nights, you might confuse it for a traditional sports bar.

In 2007, while in university, Mike Bosak joined a competitive gaming community. Once he graduated, he decided to start his own, which has since grown into the largest group of competitive gamers in Ontario.

"When we started out, we started very small," said Bosak, the founder of 613smash. "We were hosting out of a member

of the team's apartment. They were small events, but then we started getting 20 or 30 people. We realized that it was becoming kind of major, so we knew we needed to find a venue."

At the latest event, Bosak said they had a turnout of about 75 people.

"It's a very diverse group of people. The age range is wide. We have people as young as 11, and we have people as old as 34 coming out."

But what Bosak is especially proud of is the strong female presence in the community.



I fell in love with the atmosphere, the competition, the joys and the tragedies.

Mike Bosak

only do we have lots of females, we have twin sisters that are some of the strongest players in the scene."

The group gets together every Monday night at the Blurry

"This is fairly unique to the competitive community," said Bosak. "A fairly sizable portion of our player base is female. Usually in competitive gaming, it's fairly dominated by men. But not



The Blurry Pixel, a local bar dedicated to e-sports, hosts the group's events weekly. CONTRIBUTED

Pixel, a bar in Ottawa dedicated to e-sports.

The group plays Super Smash Bros. and eventually, a winner is given a cash prize that is collected via entry fees into the tournament.

Bosak said that the atmosphere can be similar to that of any competitive sport.

"There can be really raucous cheering and a lot of energy in the crowd," he said. "Especially as the tournament goes later

and later."

Overall, Bosak said what drew him to the idea to start the community was the camaraderie.

"I fell in love with the atmosphere, the competition, the joys and the tragedies."

GREELY ELEMENTARY

Students ask for help to get cooking

Students at Greely Elementary School need your recipes.

As part of a project undertaken by Lisa Allen's Grade 5-6 class, recipes are needed for their Youth Helping Youth Community Cookbook.

The project, as part of the Learning Partnership of Canada organization, is teaching the students how to think like entrepreneurs and will benefit the Do It for Daron (D.I.F.D.) charity, named for 14-year-old Daron Richardson, who commit suicide in 2010. The organization encourages awareness of mental health issues.

The Youth Helping Youth Community Cookbook is available for pre-order until April 1 for \$10, and after that for \$12.

Recipes can be submitted until March 30 by contacting Allen at lisa.allen@ocdsb.ca.

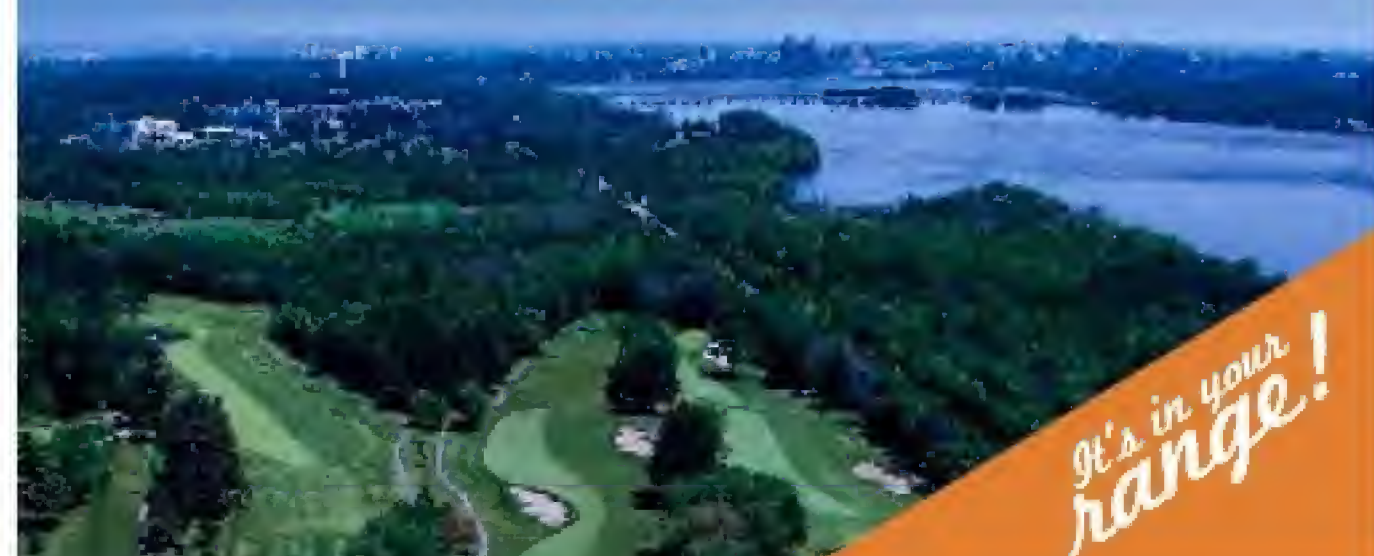
The book can also be pre-ordered through Allen or purchased at Greely Elementary School. KELLY KENT/METROLAND MEDIA



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NATIONAL CAPITAL COMMISSION

More community gardens on way

Interest in community gardens is growing, says a local advocacy group, and the National Capital Commission (NCC) says it's responding to the demand.

The NCC is currently working on a three-year pilot project with two groups to have one community garden in Ottawa and another in Gatineau.

This marks a potential return to early 1970s NCC policy that allowed for several community gardens on its lands.

However, the NCC "discontinued that use many years ago due to the complexities

of management and the lack of resources," said NCC communications officer Jasmine Leduc.

"Our intent moving forward is to have the municipalities or one of their sanctioned organizations, such as Just Food, to manage the community garden with community groups," said Leduc.

Just Food is an Ottawa advocacy group that seeks local, healthy food and community gardens.

In an NCC report dated Sept. 16, 2014, the potential policy

following the pilot project was explained:

"The NCC will make its lands available to support the community when there are no municipal properties available within one kilometre for the purpose of community gardens."

Neither Just Food nor the NCC gave details as to the size or location of the pilot project gardens, though Leduc said the project is in its early stages and that gardening is planned for early 2017.

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Wrestlers eye nationals

AMATEUR SPORTS

Capital's team is fine-tuning ahead of big test in Calgary

Within seconds, the students grapple, pinning each other on the mat. It looks painful, but over and over, they get back on their feet and ready themselves to try

again, practising techniques that will give them an advantage as they work to outwit their training partners.

Perseverance is just one trait these high school students have in spades as they train, honing their arsenal of moves during an evening training session at St. Patrick's Catholic High School.

"At this point in the season, it's refining the stuff that they're good at, and working on mistakes at the previous tourna-

ments," said Centretown resident Chris Schrauwen, head coach of the National Capital Wrestling Club, who joined the citywide club as an athlete 11 years ago.

A handful of the teenage wrestlers currently have their sights set on Calgary where they hope to dominate on the mat at the 2016 Canadian Cadet/Juvenile Championships in April.

"We all have big dreams, right? Some of these kids have been working for years and years

and years," Schrauwen said.

Nationals will feature "tougher" athletes, he said, compared to those they faced during the recent provincial high school wrestling championships and at the 2016 Cadet/Juvenile Ontario Championship last month.

"It's all top kids. It's harder to win but it's not as big (as provincials)," Schrauwen said. "I want them to have that goal to strive towards."

ERIN MCCrackEN / METROLAND MEDIA



Chris Schrauwen, National Capital Wrestling Club, demonstrates a move with club member and Grade 9 Brookfield High School student Omar Jawhar. ERIN MCCrackEN/METROLAND MEDIA

HEALTH

Carleton prof urges concussion caution

Ashley Moffatt
For Metro | Ottawa

Now that a senior NFL executive has drawn a link between contact sports and degenerative brain disorders like CTE, attitudes about concussions are sure to trickle into all sports.

Adam Morton, a hockey player for the Perth Blue Wings, said that not long ago the attitude was that if you got hit in the head and you didn't go back out on the ice, you were a wuss.

Morton doubted whether or not he even had a concussion, because he had a headache when he was hit, but felt fine the next day.

Matthew Holahan, associate professor of neuroscience at Carleton University, says it's hard to determine whether or not a player is OK to go back or if they are displaying any obvious signs of a concussion after a blow to the head.

"If they take a hard hit and they went down and it took a while for them to get back up, then the physician or the trainer should be a bit more cautious," he said.

Holahan explains that if athletes who are already concussed

get hit again, it's sometimes 10 times worse than the initial concussion.

"You're producing more damage on top of something that's already damaged," he said.

Holahan explains that it isn't the severity of the concussions, but number of concussions a person has that can really cause long-term damage.

The long-term effects of multiple concussions can include memory loss, depression and an inability to plan or make proper judgments.

But Holahan doesn't think it means kids shouldn't be playing sports at all.

"Sports are obviously really important to the development of children's physical and cognitive effects. So, I think participating in team sports is good. But I struggle with this all the time."



Young hockey players risk suffering concussions at all levels. ASHLEY MOFFATT/FOR METRO

IN BRIEF

Sutcliffe joins 1310News as midday radio host

A battle for midday talk radio supremacy is brewing now that Mark Sutcliffe has joined 1310News.

Beginning today, he will host Ottawa Today which will be heard Monday to Friday from 9 a.m. to 1 p.m.

Sutcliffe, who already hosts shows on Rogers Television and CPAC, had spent the bulk of his radio career with CFRA, a Bell-owned station. He had been hosting the morning show, CFRA Today, since long-time

host Steve Madeley retired in November.

CFRA parted ways with Sutcliffe in favour of Bill Carroll, a Toronto broadcaster who also had a successful stint in talk radio in California. The station also made waves recently by hiring former CBC broadcaster Evan Solomon.

Midday talk radio in Ottawa was CFRA territory for years, dominated by Lowell Green. With Green's retirement in January, his time slot was handed to Rob Snow. OTTAWA BUSINESS JOURNAL

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Concord Floral's hints of home

ARTS

Haunting play inspired by writer's suburban youth



Lucy Scholey
Metro | Ottawa

It's billed as a spooky "cell-phone thriller" set in suburban Vaughan, Ont., but Concord Floral will feel like a local play when the curtains rise at the National Arts Centre next week.

Ten teenagers from different neighbourhoods of the National Capital region are starring in the acclaimed documentary-style play. And it will be a coming-home for Governor General's Award-winning playwright Jordan Tannahill, who partly based the story on his own experience growing up in Ottawa's east 'burbs of Beacon Hill North.

The narrative is based in part on Tannahill's personal



Concord Floral, the "cellphone thriller" from Ottawa-born Jordan Tannahill, Cara Spooner and Erin Brubacher is coming to the National Arts Centre with a brand new cast of 10 Ottawa teenagers. CONTRIBUTED

experience in Concord Floral, which was a real abandoned greenhouse and teen hangout spot before it was torn down in 2012.

In the play, two teen girls

sneak off to smoke a joint in Concord Floral. They stumble upon a dead body after one accidentally drops a cellphone into the remains. The freaked-out pair run off without it, but

then the one friend begins receiving haunting calls on her own cellphone.

The incident unleashes a mysterious plague among 10 teens.

With Tannahill, Cara Spooner and Erin Brubacher collaborated on Concord Floral over three years. It initially starred 10 local Toronto youth. For the trio, it was im-

portant to feature this demographic in the show — and not 25-to-30-year-olds who often portray high-schoolers in television and film.

Spooner said people are often surprised by this.

"That feels so radical somehow — that it's not a play for children. It's not youth theatre. It is a professional show, which is at the NAC right now," she said.

It's a play about the suburban teen experience, but it's no after-school special about bullying or cellphone use, say both Spooner and Brubacher.

"There's this line in the play, which is, 'I'm learning to get better,' that we often talk about with the cast and each other," said Spooner.

"We are also learning to get better every day ... we're not that far apart from them."

+ INFO

Concord Floral is playing at the NAC from March 29 until April 9. Tickets are available at nac-cna.ca.

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Mark Stephenson is just shy of his goal for his 40-day Kickstarter campaign. He gets busy turning social media profile pictures into art next week. COURTESY MARK STEPHENSON

A healthy Kickstart

CULTURE

Artist used crowdfunding to finance new, major project

Ashley Moffatt
Metro | Ottawa

It looks like local Ottawa artist Mark Stephenson will hit his Kickstarter goal of \$10,000.

Stephenson paints portraits of people using their social media photographs, which they can then share online.

Stephenson's Kickstarter goal was originally \$2,500, but when that was quickly reached in only a few days he decided to go bigger and double it. When he reached that goal, he doubled it again.

He said the first few investors were his mother and his business partner.

"It started with people I

know," said Stephenson. "I think the majority of the contributors I can trace back to having some sort of connection to me, which I think is quite interesting and I'll think about that some more. I may do some interesting groupings based on having such a cross section of people that are connected in different ways."

He said over the course of the 40-day campaign, he got about 50 backers. The goal Stephenson set for himself was to do 100 paintings. Working towards that goal has been a roller-coaster, he says.

"It's actually a lot of effort, it was more work than I thought it would be," said Stephenson. "It was also more emotional. You're actively promoting on your social networks and your sending out emails. But you don't want to apply any pressure."

Once Stephenson has the 100 paintings done, he wants to have a gallery show.

"Next week I shift into production mode," said Stephenson. "I'll be busy for a good chunk of time. It's going to take me several months."

IMMIGRATION

York professor, family denied residency

An Ontario university professor who has applied for permanent residency in Canada may face refusal because his son has Down syndrome.

Citizenship and Immigration Canada has told Felipe Montoya that his 13-year-old son Nicolas's condition makes him inadmissible to Canada because of the potential burden he would place on the health-care system.

"We consider it to be in contradiction to the charter for

many reasons, and we think that it's based on outdated views of so-called disabilities and that it needs to be looked at again and brought up-to-date," Montoya said, adding the case could impact families beyond his own.

Montoya moved to Canada from his native Costa Rica to take up a position at Toronto's York University, where he is a full-time tenured professor of environmental studies.

Three years ago, he filed

an application for permanent residency for himself and his family.

Nicolas's Down syndrome was disclosed at the outset and confirmed by doctors in medical exams required for the application process. Montoya said Nicolas, along with all the rest of the family, was found to be perfectly healthy, and he hoped the medical clearance would help finalize his application.

CIC said it couldn't comment on the specific case, but the

letter said that Nicolas's disability might cause "excessive demand" on social services, estimating that special education supports for him would cost between \$20,000 and \$25,000 a year.

Montoya said CIC provided no explanation of how the estimate was reached, adding that his son did not require special accommodations and joined a pre-existing community classroom in his local public school.

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REFUGEES

Sens to welcome families

The Ottawa Senators and the Refugee Sponsorship Support Program are planning a special welcome for a group of local refugee families, opening up the ice just before the Senators play the Anaheim Ducks.

"We could not think of a better way to welcome

newcomers to our community," Peter O'Leary, the team's chief marketing officer, said in a statement.

They are asking fans to purchase tickets to donate to refugees. Those interested are asked to email their tickets no later than today to Malaika Njau at Malaika.njau@uottawa.ca. METRO

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Feds examine state of local media

DEMOCRACY

Journos turned politicians part of committee studying it

Journalists-turned-politicians have earned a bad reputation in Ottawa in recent years thanks to the spending shenanigans of two in particular: Sen. Mike Duffy and Sen. Pamela Wallin.

Both former broadcasters, they were appointed as Conservatives to the upper chamber — Duffy is now awaiting a verdict on whether he's guilty of fraud, breach of trust and bribery for how he handled his Senate expense account, while an investigation into Wallin for her use of Senate funds remains in limbo.

Perhaps that's why another broadcaster-turned-politician cracked a joke last month at a House of Commons heritage committee meeting.

"Former broadcasters on Parliament Hill ... is an awful thing," joked Liberal MP Seamus O'Regan. "Next they'll be allowing the lawyers and

teachers into politics as well."

O'Regan made the remark in acknowledging the presence on the committee of another former broadcaster, Conservative MP Kevin Waugh.

While O'Regan was working for CanadaAM and then CTV national news, Waugh was covering sports for CTV out of his home province of Saskatchewan.

Now they are MPs, putting their professional backgrounds to use at the Commons' heritage committee studying the state of local media in Canada.

The study began in February amid a wave of change in Canadian newsrooms.

It will hold at least 10 meetings, but has been inundated with requests from people to appear, raising the potential of going longer.

What they've heard so far is not encouraging: a decision by the former government to stop advertising in community papers, for example, has seen some publications lose more than half their budgets.

Three French-language community radio stations no longer have any paid staff. Since 2011, 20 out of 122 daily newspapers

have closed, including two in 2016, according to a presentation to the committee from the Heritage department.

But the committee is also tackling bigger questions about the future of a free press in Canada and the impact digital-only publications have on the age-old question of who is a journalist, or who polices the quality and veracity of content both online and on the air.

What the entire study will come to is anyone's guess, said committee chair and Liberal MP Hedy Fry.

The intent is to submit a report and with it, recommendations. But she acknowledges the media landscape changes daily.


Two things could change the landscape in the coming months: the CRTC's own review of local broadcasting, which is also considering whether funds it has at its disposal could be used to better support the industry; and the Liberals' promise to reinstate \$150 million in annual funding to the CBC. That money could come as early as Tuesday's budget.

THE CANADIAN PRESS



Sen. Mike Duffy is a former journalist who came under scrutiny for his spending. He's awaiting a verdict on whether he's guilty of fraud, breach of trust and bribery. Now the federal government is scrutinizing the local media landscape in Canada. JUSTIN TANG/THE CANADIAN PRESS

When the budget happens

 **CBCnews
NETWORK**

Canada's 24hr News

Ahead of the budget, economy top of mind

POLITICS

Canadians are worried about financial security: Poll

Prime Minister Justin Trudeau's government takes the wraps off its first budget Tuesday at a time when many Canadians are worried about economic uncertainty and a majority fear for their own financial security, a new poll shows.

Trudeau's promise of economic help for the middle class — an issue his Liberals campaigned on — comes as sluggish growth and more recent economic turmoil sparked by the sharp drop in oil prices has shaken the confidence of Canadians, according to the poll by Forum Research.

It found that 33 per cent of



Kids from the Kiwanis Boys and Girls Club laugh along with Minister of Finance Bill Morneau as he puts on his new budget shoes in Toronto, Ont. TORSTAR NEWS SERVICE

those surveyed believe the economy will worsen while just 24 per cent expect the economy to improve this year. Just over one-third of respondents think the economy won't change.

And those economic jitters have most Canadians now fret-

ting about their own prospects, with 69 per cent saying they are concerned about their financial security.

The poll found that younger people, ages 18 to 34, are among those most pessimistic about the economy and their own finan-

cial security.

That's no surprise to Bilan Arte, national chairwoman of the Canadian Federation of Students, who says young people are struggling with "skyrocketing" tuition fees, growing debt and an uncertain job market.

"We need some strong leadership at the federal level to present a bold plan to save this generation," she said, noting that youth unemployment is running at 13 per cent.

During the election, the Liberals promised action to make post-secondary education more affordable and help getting young people into the job market.

When asked what they want to see in Tuesday's budget, Canadians put tax cuts at the top of their list (23 per cent), followed by infrastructure spending (18 per cent) and action on jobs (15 per cent), the poll found.

TORSTAR NEWS SERVICE

FEDERAL BUDGET

The stakes are high come this Tuesday



Steve Rennie
Metro | Ottawa

We're about to find out if the Liberals can kickstart Canada's sputtering economy through spending.

We already know the broad strokes of the federal Liberal government's inaugural budget. Lots of spending on what Prime Minister Justin Trudeau has called "unsexy" things, like upgrading roads and bridges. Sort of like the old Conservative Economic Action Plan, but with better hair.

But perhaps the most interesting part of Finance Minister Bill Morneau's first budget will be not line items on spending (even if past budgets have tended to feature more sweeping rhetoric than nitty gritty details), what it says about this Liberal government.

Recall the first Conservative budget of the Stephen Harper era. It was meant to paint the Conservatives as the party of

the suburban middle class. They cut the GST by one percentage point as they began to chisel away at programs and spending. They scrapped the Liberal plan for a national child-care program in favour of sending parents monthly cheques for each child under the age of six.

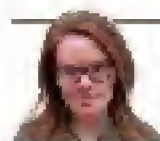
So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget (and how they follow through on it) that they will be judged. In four years, we can look back and see if their multibillion-dollar gambit on infrastructure spending actually lead to the creation of more jobs — and if so, were they high-paying, full-time jobs, or temporary, lower-paying ones. After all, jobs are the most important part of this budget.

You only get one chance to make a first impression.

Steve Rennie is the managing editor of Metro Ottawa

SPORTS

Edmonton Eskimos' name still has to go: Natan Obed



Alex Boyd
Metro | Edmonton

When Natan Obed, president of the Inuit Tapiriit Kanatami, wrote an op-ed calling on the Edmonton Eskimos to lose the slang word for Inuit from their name, it ignited a discussion in the city. That was November.

In January, the team invited Obed to Edmonton to talk it out.

Metro finally got both sides on the phone to talk about the meeting.

How did the meeting go?

The team was gracious in hosting us, they listened to the concerns that I put forward about the use of the name, and now we're interested to know about how to move forward.

Has your position changed?

It's pretty simple from our end that the change in team name is what we hope for. The dialogue

that we may have started is one that I'm grateful that they were open to ... but until the name is changed, there really isn't much more to talk about.

Your position is controversial, even within the Inuit community.

What I've said and will continue to say is that there are Inuit that are offended by it and we should live now where we try to ensure that we are providing a safe environment. I don't ever want to be called that term ... I

played sports — I grew up playing hockey, and I've been called a 'dirty Eskimo' and a 'n—'. I've been called all sorts of names, and I know just how deeply those things hurt and how deeply they change perception of yourself. And the fact that it is still okay for the Edmonton football team to use that name every single day when it is not okay to use it in any other context to describe our people? That's something we need to come to terms with.

+ THE ESKIMOS RESPOND

In a statement emailed to Metro, a representative from the Edmonton Eskimos confirmed they invited Obed for a meeting with club president and CEO Len Rhodes in January. The statement describes the meeting as "extremely cordial" and says that

Rhodes "expressed how the Football Club always aims to respect all members of the community and will continue to do so." The statement continues: "This was a face-to-face meeting that created an open dialogue that we hope continues into the future."

SORE FEET?

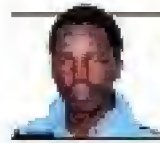


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DIPLOMACY

'It's time for a change,' says York U professor



Gilbert Ngabo
Metro | Toronto

U.S. President Barack Obama's visit to Cuba has been a long-anticipated event for Julio Fonseca.

The language professor at York University grew up in Cuba and still remembers the atrocious effects of the U.S. trade embargo on ordinary people's lives.

"It was very bad in the 1960s," he said. "No one cared whether you had toothpaste or a soap. Those basic things



Julio Fonseca LIZ BEDDALL/METRO



This conflict has been there for over half a century.

Julio Fonseca

we take for granted were very hard to find."

Fonseca, who is also the president of the Association of Cubans in Toronto, said Cuban-Canadians expect Obama's visit to serve as a step in the direction of normalizing relations between the two countries.

"This conflict has been there for over half a century. It's time for a change," he said.

On top of Cubans' wish list is the lifting of the economic blockade — which Obama has asked Congress to look into repealing, but has faced stiff opposition from Republicans. There's also the need to close down the naval base at Guantanamo Bay, which has been there "against the will of the Cuban people," said Fonseca.

But, much as it'll take a strong political will to change the status quo, it'll also require a mentality change because the "hatred" towards Cuban people has been "institutionalized in the United States," he said.

IN BRIEF

Airbnb opens Cuban online lodging listings to world

Online lodging service Airbnb is allowing travellers from around the world to book stays in private homes in Cuba after the San Francisco-based company received a special authorization from the Obama administration, Airbnb announced Sunday.

Airbnb was the first major American company

to enter Cuba after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

The service handles online listing, booking and payments for people looking to stay in private homes instead of hotels. Cuba has become its fastest-growing market, with about 4,000 homes added over the last year.

THE ASSOCIATED PRESS



First lady Michelle Obama, President Barack Obama, and their daughters arrive at Jose Marti International Airport for a 48-hour visit on Airforce One Sunday in Havana, Cuba. Obama is the first President in nearly 90 years to visit Cuba. JOE RAEDLE/GETTY IMAGES

'It is wonderful to be here': Obama

Spotlight on CUBA

Presidential trip revives relationship with nation

Stepping into history, U.S. President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge new ties with America's former adversary.

"It is wonderful to be here," said the American president. Obama's whirlwind trip is a

crowning moment in his and Cuban President Raul Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

Wielding an umbrella on a rainy Havana afternoon, the president stepped off of Air Force One and was greeted by top Cuban officials, including Cuba's foreign minister and U.S. ambassador. He was joined by first lady Michelle Obama and daughters Malia and Sasha, with dozens of U.S. lawmakers and business leaders arriving separately for Obama's visit.



This is a historic visit, and it's a historic opportunity.

Barack Obama

His first stop was a Havana hotel, where Obama greeted U.S. Embassy staff and their families and noted the momentous nature of his visit — the first by a sitting U.S. president since 1928, when Calvin Coolidge arrived in a battleship.

"This is a historic visit, and it's a historic opportunity to engage with the Cuban people," Obama said.

A highlight of Obama's visit

comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball's Tampa Bay Rays. The president also planned a speech at the Grand Theater of Havana laying out his vision for greater freedoms and more economic opportunity in Cuba.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. That includes highlighting new business deals by American companies, including hotel chains Starwood and Marriott and online lodging service Airbnb. THE ASSOCIATED PRESS

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U.S. PRESIDENTIAL RACE

'Illegal immigration is gonna stop': Trump

Donald Trump's campaign in Arizona is centred on his hard line against illegal immigration, a stand that supporters embraced in a series of tense rallies ahead of Tuesday's presidential primary.

"Illegal immigration is gonna stop," Trump said Saturday night in Tucson. "It's dangerous. Terrible."

Both in Phoenix and Tucson, Trump was introduced by former Arizona Gov. Jan Brewer, who pushed tough immigration laws in office.

Protesters showed up at every event. In Phoenix, they blocked

the main road into his outdoor rally for several hours before it started. In Tucson, they interrupted him and some were tossed from the event.

Trump was campaigning in Arizona ahead of Tuesday's primary in which the winner will take all 58 delegates at stake.

Trump's main rivals, Texas Sen. Ted Cruz and Ohio Gov. John Kasich, are desperately trying to prevent the real estate mogul from accumulating the 1,237 delegates needed to secure the nomination at the party's national convention in July.

THE ASSOCIATED PRESS



Anti-Trump protester Bryan Sanders, centre left, is punched by a Trump supporter at Donald Trump's rally in Tucson, Ariz., on Saturday. MIKE CHRISTY/ARIZONA DAILY STAR/THE ASSOCIATED PRESS



Biometrics are quickly becoming a feasible alternative to cards, bar codes, PINs and passwords. AFP/GETTY IMAGES

Biometrics easing into private sector

TECHNOLOGY

But consumer reluctance still hindering wide adoption

Biometrics — measuring unique physical characteristics to verify identity — was once a form of cutting-edge technology found only in science-fiction and spy movies.

But the authentication techniques are now not only being integrated into our most-used devices, but are quickly becoming a feasible — and in some cases convenient — alternative to plastic cards, bar codes, PIN numbers and passwords.

Many private companies in sectors from banking to health care are embracing the technology as a personalized means of

reaching potential customers, as well as a way to offer safer, more secure interactions.

Retailers are interested in facial recognition software as they look for ways to target consumers when they walk into stores with products aimed specifically at them.

Companies would love to be able to use the technology to reduce shoppers to a unique consumer profile, but they can't move faster than people are comfortable with, said Andy Adler, a professor of systems and computer engineering at Carleton University.

Although the technology has made strides, widespread adoption is still hindered both by consumer reluctance and unreliability. Even if biometrics is more secure than a chip or PIN, using it is still in many cases an inconvenience. To employ biometrics, retailers would have to

purchase terminals and consumers would have to deal with the glitches and delays that come with cutting-edge technology.

Fingerprints, faces and iris scanning are still the most-developed forms of biometric identification, but even those systems have limitations and can be fooled. Fingerprinting is probably the most widely known type of biometric ID, but it is also one of the most easily copied or "spoofed."

Meanwhile, Adler believes voice recognition, gait measuring or ear-shape analysis are still too new to be trusted on their own.

"They're exciting, but we're not going to see uptake until they start working well," Adler said. "Things haven't changed as much as one might guess."

Wariness on the part of consumers about giving up identifying data to big corporations is one of the main hindrances to wider spread adoption, said Karl Martin, founder and chief technology officer at Nymi.

TORSTAR NEWS SERVICE

+ WHO'S USING IT

Apple's Touch ID, which uses a fingerprint to unlock a user's iPhone, may be the best-known biometric system, but other companies are also dabbling in the space.

■ **Ford** is exploring a biometrics system that could let users open and start their car with their fingerprints, pulse or voice, rendering keys unnecessary.

■ **Insurer Manulife** recently launched a voice recognition system. Instead of a password, callers say "At Manulife, my voice is my password" and software determines if that matches the voice associated with an account.

■ **MasterCard** will launch "selfie pay" in Canada later this year, using facial recognition instead of a passcode or signature to make payments in stores. MasterCard is also testing heartbeat identification software from Toronto-based Nymi, which uses a wristband embedded with an electrocardiogram sensor.

We're not going to see uptake until they start working well.

Andy Adler

LEGISLATION

MP tables bill after hackles raised over cat, dog fur coats

Jessica Smith Cross
Metro | Toronto

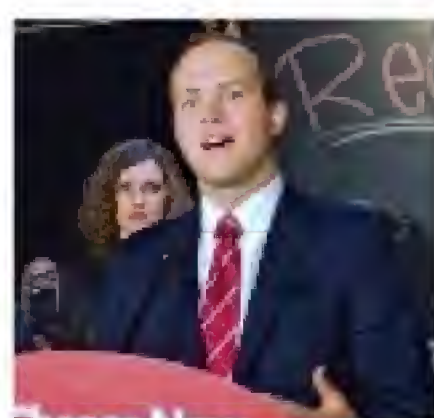
Is the coat you're wearing made from a cat? Before you scramble to check the tag, know this: No one has to tell you if it is.

Toronto MP Nathaniel Erskine-Smith is out to change that. He has tabled a private member's bill that would ban the importation of cat and dog fur and require labels that tell consumers what kind of fur is on their garments.

For years, animal rights activists have warned that dog and cat fur enters the Canadian fashion market from China and is sold to unknowing customers.

"There are no statistics, as far as I can tell, because it really is an underground market," Erskine-Smith said. "It's not an illegal market, for the moment, but it's not well-publicized."

Most countries, including the U.S., instituted bans on cat and dog fur years ago. Canada, on the other hand, hasn't taken action despite previous legislation introduced by members of both the Liberal



Nathaniel Erskine-Smith.
TORSTAR NEWS SERVICE FILE

and NDP caucuses.

More than half — 60 per cent — of all fur garments that enter Canada come from China, a trade that's worth about \$12 million a year, according to Industry Canada. The use of dogs and cats in China's fur trade has been well documented by journalists and activists.

In Canada, dog fur-lined jackets have turned up in police investigations of counterfeit goods. In Toronto alone, police seized a number of knock-off parkas with German Shepard-lined hoods in 2012 as part of a massive counterfeit crackdown.

Unfortunately, Erskine-Smith's legislation isn't likely to change the use of dog fur in

counterfeit goods, as they're already illegal.

However, it would have an impact on the legal garment market, something he considers "a good start."

The legislation would make it illegal to "recklessly" cause harm to an animal through, for example, negligence. Today, it's only illegal to harm an animal on purpose.

But a rural Manitoba MP says the proposal is part of a dangerous animal rights agenda that goes too far.

"Let's say your car broke down and your dog happened to be in your yard, so you couldn't get home quick enough to feed it and it died—that would be potentially criminal activity, even though you had no intention of harming the animal," said MP Robert Sopuck.

The bill would also make it illegal to kill an animal "without lawful excuse." Sopuck said he's concerned that would threaten activities like hunting, fishing and medical research.

The Conservative MP believes Erskine-Smith has a "hidden agenda, which is the complete elimination of all animal use in Canada."

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ROSEMARY WESTWOOD

ON NANCY JO SALES'S **AMERICAN GIRLS**

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

Grade 9, 1999, was the year of the blow job at my junior high school. Not everyone was giving — or getting — but in general, it was the year when girls started giving boys oral sex. Mind you, never the other way around.

There were parties sans parents and blackberry coolers that tasted like pop. I wore tight pants and chunky heels. I had a Samsung flip phone I shared with two siblings. We fought over it on weekends.

But I never got this message: "SEND NOODZ."

That text marks the beginning of a deeply upsetting foray into the world of today's American teenager. Nancy Jo Sales's new book, *American Girls: Social Media and the Secret Lives of Teenagers* should make you grateful you're not a teenager. It left me relieved social media and pornography were sprinkled on my adolescence — but did not saturate, define, or seek to control it.

The book is indexed under Parenting and Women's Issues. But it is really about technology's dramatic impact on the sexual development of kids, and our complete ignorance — no, negligence — in helping children understand its force, and develop a healthy sense of self and sexuality.

The book focuses on girls, because in our still-sexist society, the damaging aspects of technology fall disproportionately on young girls.

Digital pornography is catching children at their sexual awakening.

There's no reason to think it's any different for Canadian youth. Think of the cavalier way a sexually graphic image of a drunk 17-year-old Rehteah Parsons was passed around a Nova Scotia school in 2011, to deadly effect.

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen

19-year-old complains, "Our whole society has become porn. No one wants to look at that." Hookup culture is "for him and him only," she says. "It's just not working."

It would be easy to accuse Sales of criticizing women's sexuality in this book, if not for two things: First, the girls themselves say they're anxious about the constant need to look hot on social media



NO RULES Teens' social lives online are like a never-ending house party where the parents are away, Rosemary Westwood writes. *STURTIAS/STOCK*

as the anti-cool, the anti-chill, among many teens. And that is chilling.

It's also enraging. This book took me weeks to read, because I kept shutting it in disgust. I yelled about it to friends at a dinner party. Sales gives over nearly half the text to the direct voices of teenage girls, ages 13 to 19, as they talk about boys, sexting, social pressures and sexuality. She empathizes deeply with them, and thus I did too.

A 13-year-old recounts how boys pass around nude photos of classmates to older boys in exchange for alcohol. We hear about "shut pages," where nude photos sent to one boy are posted publicly on social media (technically a crime). A

and appear sexually attractive to boys; second, the boys express willingness to continue that old cliché double-standard of the slut and the stud, and little interest in intimacy, since sex is so available without it, digitally and otherwise.

The book avoids moral panic over teenage sexuality, but puts porn culture and social media directly in the crosshairs. It's not that teenagers today are different than I was. It's that their world is.

In the book, not only do parents appear largely ignorant of their children's social media lives, but schools appear inept at giving kids the critical-thinking tools Sales says they need to navigate the new landscape. And in some



cases, law enforcement's response has been to charge young people with taking or possessing photos of themselves, a move comically at odds with a culture that prizes the nude-selfie queen Kim Kardashian.

As if to drive the point home, last week I got an advertising email from "GoSexy Final Touch," an app that claims to "put the power in girls' hands to look their best in their photos."

In the lives of teenagers, social media is our sexist society on speed. There is a twisted focus on self-promotion instead of self-development. Wanting to look good isn't a problem, but wanting "to be liked and loved and considered hot by strangers on social media," as Sales writes, is. "For girls now to model themselves in the image of pornography, one could argue, is for them to embrace their own disempowerment."

Digital pornography is catching children at their sexual awakening, and shaping their understanding of pleasure, agency and consent.

And while there are plenty of critical thinkers in Sales's book, it's scary to think we're leaving them to navigate a new frontier all on their own.

It's as if, on social media, kids grow up without any parents. They don't just have the house for the week-end to throw a party — the parents were never there to begin with.

And so, this book should be read by parents. It should be read by teachers and principals. It should be read by police officers. It should be read by women. It should be read by men. And all other genders.

Then, at least, we won't be able to claim ignorance.

It stings to get dinged by a Robocop with photo radar

COLLINS' CAPITAL

Steve Collins



Like an indomitable Terminator, photo radar attempts another comeback this week.

City councillors will vote Wednesday on whether to ask the province's permission to use the much-maligned technology. When they asked in '06, Queen's Park refused.

This latest motion was met with caution by Mayor Jim Watson.

"I don't want it as a cash grab," he warned. "I want to make sure that if we're going to ask the province for that power, that it legitimately does save lives, does cut down on accidents and injuries."

Experience suggests it's a little of both. The threat of an omniscient Robocop does seem to have the desired effect on speeding, which few dispute worsens the frequency and severity of collisions. But the devices also return a healthy profit.

Quebec's minister of transportation last fall announced the province would expand its use of photo radar and traffic-light cameras, citing significant reductions in infractions and repeating assurances the fines will go toward traffic safety, not general revenues.

Voters, after all, are suspicious of these high-tech cash-extraction machines. In Edmonton, a huge spike in photo-radar tickets following the city's takeover of operations from police has led to accusations of for-profit traffic enforcement.

In our cash-strapped home-

town, which had to dip into reserves to cover last year's deficit, this council or its successor could, say, set up cameras on straight stretches where safety concerns might be negligible, but lots of drivers could be caught and fined.

Even the appearance of a driver shakedown can be deadly for politicians: See Ontario's NDP government in the 1990s.

Their short experiment proved lucrative and politically toxic. In a little under a year, they collected \$19 million in fines and saw speeding reductions of 15 to 42 per cent. The Progressive Conservatives campaigned against the despised cameras, won the election and killed the program.

Nobody's against road safety, but getting popped by a machine rankles some. I prefer the law to have a human face, like the last time I got stopped for speeding. The OPP officer leaned in and observed, "You were goin' a bit quick."

I admitted I hadn't been paying attention and took my rightful lumps. He shaved a bit off my clocked speed. I felt embarrassed and unlucky — but fairly dealt with.

It's just not the same to get a ticket in the mail long after an offence you might not even remember committing. It feels sneaky, somehow. The electric eye exercises no discretion, will hear no excuses. It is just doing what it's programmed to do, and ultimately you have to trust its operators.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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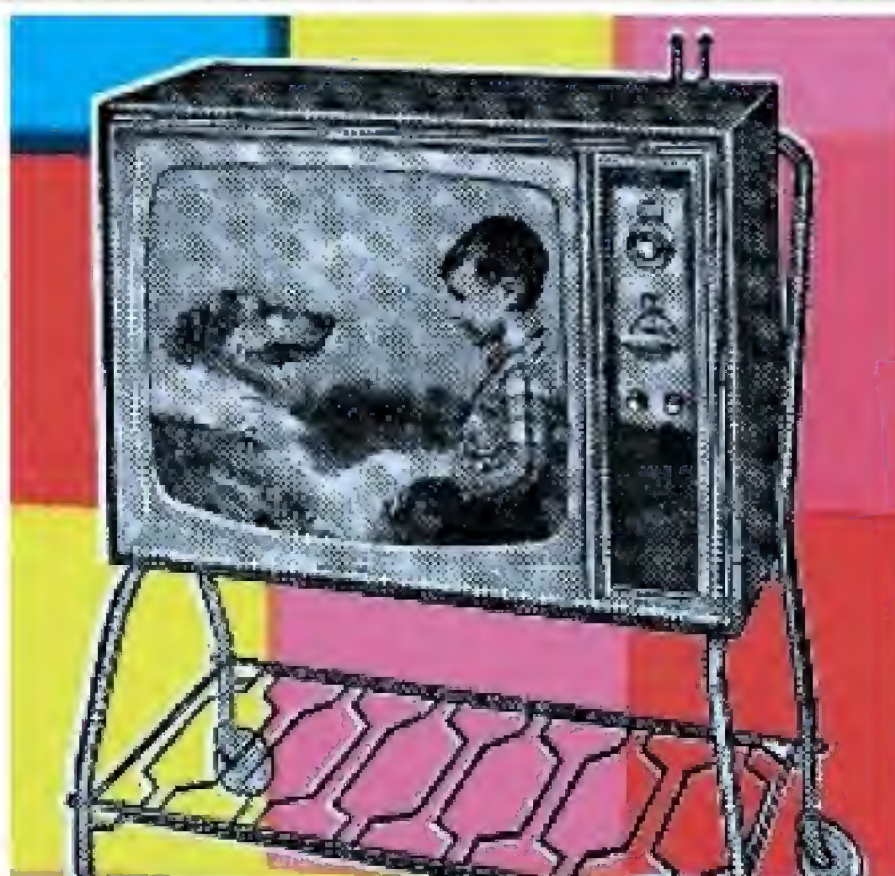
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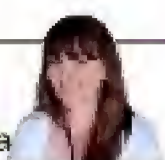


Arts groups eye budget boost

LIBERAL GOVERNMENT

Culture orgs are tired of being seen as 'beggars'

Megan Haynes
For Metro Canada



The Canadian arts community is optimistic ahead of Prime Minister Justin Trudeau's inaugural federal budget.

Banking on Liberal campaign promises, various industry spokespeople expect an infusion of money towards the arts. This includes renewed funding for

the CBC, the Canadian Council for the Arts (CCA), Telefilm and the National Film Board.

"There's been a consistent message from the new government that there's a real will to make a re-investment in arts and culture," says Simon Brault, director and CEO at the CCA, a federally-funded body that invests in and promotes Canadian artists. Last year, it distributed more than \$155 million to artists through grants and prizes, including the Governor General's Literary Awards, which have been given to authors including Patrick deWitt (*The Sisters Brothers*), Guy Vanderhaeghe (*Daddy Lenin and Other Stories*) and Linda Spalding (*The Purchase*).

The Liberals promised to invest \$150 million in annual fund-

ing at the CBC, which saw its budgets slashed by \$115 million under the Conservative government. Brault expects \$75 million to be dished out this year, and the full promised amount rolled out by 2018.

The CCA also expects to see its annual budgets double over the next two years to \$360 million, as well as a re-investment in the film-industry bodies National Film Board and Telefilm to \$25 million across both organizations. The government also promised to restore \$25 million in funding to bodies that facilitate arts exchanges internationally.

If this money comes through, it will send a strong signal that arts and culture is a valued contributor to Canadian society, says Elliott Anderson, acting director

of public policy research and communication at ACTRA, the union body representing actors.

It's a departure from the previous government's era of budget cuts and funding stagnation, he says.

"There was a feeling for a long time that everyone in the arts community was a target — if you made one misstep, (the government) would use it as proof that more cuts were needed," Anderson says. "Former Prime Minister Stephen Harper's government did leave a certain level of mistrust, but people are very excited about the prospect of change."

The CCA already has a comprehensive plan, should the increased funding come through in tomorrow's budget. Beyond creating more grant opportunities

for artists, writers and musicians, Brault says the plan is to focus on helping the arts community better adopt digital platforms — an area he says Canada has fallen behind on. Increased funding will also allow the CCA to double down on efforts to engage previously neglected groups, including youth and indigenous people.

In the broadcast sector, increased funding means more opportunities for original Canadian production, which in turn creates more jobs for those involved with TV and cinema, says Anderson.

Beyond funding, there is hope for a focus for Canada on the international stage. For example, in 2014 the Conservatives denied a \$6.5 million request that would have sent Canada to be guest of honour at the Frankfurt Book

Fair, considered one of the most important international events on the literary scene. Canada has again been asked, this time for the 2020 fair, with a funding request of \$4 million.

The invitation is still under consideration, according to a spokesperson from the Department of Canadian Heritage. But Anita Purcell, executive director of the Canadian Authors Association, says based on government's rhetoric, she's confident they will accept the invite.

"There's an appetite (at the federal level) to show Canadian culture. There is a sense that people in the arts sector feel more valued, and have a role to play," Brault says. "We feel invited — not as beggars, but as contributors," he says.



JOHANNA SCHNELLER WHAT I'M WATCHING

Happy Valley anything but for working women

THE SHOW: *Happy Valley*, Season 2, Episode 1 (Netflix)
THE MOMENT: *The Dog Food*

Catherine, a Yorkshire police sergeant (the divine Sarah Lancashire) and her protégé Ann (Charlie Murphy) discuss Ann's first days as a policewoman.

"One flat we went in, dog food was right on the floor," Ann says. "No bowl."

"Yeah, and they're the responsible ones," Catherine replies. "They actually feed their

pets." She faces Ann square on. "Ninety-nine-point-nine per cent of the time, that's the sort of people you'll be dealing with. People who live in houses where you have to wipe your feet when you leave. Better get used to it."

This show's creator, Sally Wainwright (who did the equally terrific *Scott & Bailey* and *Last Tango in Halifax*) excels at many things: verisimilitude about cops, authentic settings, characters that grow more interesting over time. But I'm most

grateful that she creates women who are good at their jobs, and puts them in situations where they show it.

As Catherine says above, she routinely deals with the worst the human race throws up. Her own life has its share of crap, too: a dead daughter she's still mourning; an alcoholic sister; a murder investigation in which she's (unfairly) implicated. Yet at work, she's always on it — smart, compassionate, tough, fair.

Later in this episode, Catherine briefly breaks down. "What do I have to do?" she asks her sister. She does everything right, and it's still not enough. After a minute, she answers her own question: She wipes her face and moves on to the next thing. Working women everywhere will relate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Sarah Lancashire as Catherine in *Happy Valley*. CONTRIBUTED



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have agreed to intensive 12-week Money Coaching with Metro's financial guru Lesley-Anne Scorgie. These ladies have four weeks remaining to eliminate their consumer debt and accumulate a significant chunk of money for a down payment. Can they reach their goals?

THIS WEEK: Annick must choose whether to honour her deal to pay off her debt or sell her expensive Beyoncé ticket.

NEXT WEEK: Yolanda has decided to reward herself with a trip to Montreal. But will this mean she'll miss her April contribution towards her down payment? She'd better start hoping for a generous tax refund to cover the costs.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVET, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Annick back on track to achieve her financial goals.

Turning Bey into big bucks

THE SITUATION

I have a dilemma on my hands. Three weeks ago Annick splurged to purchase a \$322 Beyoncé ticket. To afford this once-in-a-lifetime experience, she missed this month's debt-reduction target of \$900 and only paid \$550. We made a deal that if Annick didn't reach her goal by March 15, she'd have to sell her ticket. Being a young woman of her word, Annick posted a compelling Kijiji ad. Here's the thing though, when I clicked on the ad link, staring right back at me was a \$500 price tag for Annick's kick-ass Beyoncé floor seat. (Ed's note: Reselling tickets at more than face value is legal in Alberta,

and has been since the province scrapped the Amusements Act in 2009)

Hello Miss Resourceful! Annick will make \$175 off this transaction (after postage). I'm big into hawking things online for a premium price, so I want to reward Annick for thinking like an entrepreneur. Imagine if she applied this same principle in other areas of her life...

There are three approaches Annick can take.

1). School of hard-knocks. She sells her ticket and applies ALL the proceeds to her debt.

2). Balance. She sells her ticket and applies \$350 to her debt and uses the remaining \$150 to purchase a less expensive ticket.

BY THE NUMBERS

Annick has been hyper-vigilant about adding to her bottom line. Since we met in December, she's improved her net worth by \$2,675. Can she meet her target of consumer-debt freedom by July?

| Assets | Dec. 2015 | Mar. 2016 |
|--------------------------|-------------------|-------------------|
| RRSP | \$350 | \$850 |
| Total Assets | \$350 | \$850 |
| Liabilities | | |
| Student Loan | \$58,800 | \$58,350 |
| VISA | \$1,500 | \$1,200 |
| MasterCard | \$650 | \$475 |
| Other Loans | \$1,600 | \$350 |
| Taxes | \$250 | \$250 |
| Total Liabilities | \$62,800 | \$60,625 |
| Net Worth | (\$62,450) | (\$59,775) |



Annick has found her entrepreneurial spirit by aiming to make money on the concert ticket she has to sell this month. JENNIFER FRIESEN, FOR METRO

3). Off-the-hook. I give her a 15-day extension to reach her debt-reduction target.

I'm leaning towards option two because no financial lesson is ever learned without follow-through; and in Annick's case that means being accountable to her financial goals.

THE LESSON

Have you ever over-promised? Of course you have!

Financially, and in the case of Annick, this often results in not achieving a particular money milestone like paying off one's credit card balance, achieving a raise or foregoing that extra RRSP contribution. It feels rotten to fail.

But, if you treat a financial failure as a lesson, and don't repeat it, you'll move on to achieve your next financial goal.

The caveat however is to set realistic goals that stretch you, but aren't out of reach.

Annick's going to pay a financial penalty for over-promising.

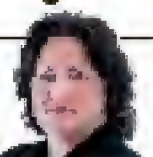
But, she has a choice to either let that penalty sink her financial ship or motivate her to avoid splurges and make more money. Knowing her, and her newfound entrepreneurial spirit, she'll choose the latter.

If you treat a financial failure as a lesson and don't repeat it, you'll move on to achieve your next financial goal

FINANCES

The key is to stay positive when tackling your piles of debt

Gail Vaz-Oxlade
For Metro Canada



How many times have you promised yourself that you're going to get to debt-free forever only to find that after the initial burst of enthusiasm your momentum evaporates?

It's not unusual to feel less motivated once the initial adrenaline rush of making the decision and taking the early steps have had time to get a little old.

There is, after all, a natural rhythm to our emotions — peaks and valleys.

When we start something new, there's the thrill of mental and physical activity. We make the plans, draw up the debt repayment plan, create a chart to show how we're doing,

By week 16, we're pretty sick of not having any money to buy coffee, packing our lunch for work, and having to tell our partner, our children, our friends, that we're broke and can't spend any money.

While the initial burst of energy is what you need to get you going, the inevitable slump that follows can be enough to stop you in your tracks, if you let it. But if you know it's going to come, and you develop a strategy for dealing with it, you're much more likely to slog through and get back on track to your big goal.

Being prepared for the let-down is key. Instead of giving into the negativity, step back and take a good look at why you're feeling frustrated, angry or sad. Are you disappointed by your results? Are your feelings even justified? Or are they simply part

of the natural emotional rhythm?

When you did your debt repayment plan, you decided how long it was going to take to get out of the hole. If you went with 36 months, you have to be prepared for several slumps along the way. If you aren't prepared, your emotions may drive you to go out and spend money on credit that will only worsen your situation.

But knowing that a slump is going to come means you can be ready with a tactic for dealing with that slump. Haul yourself out of the emotional dumpster and turn those negative thoughts to positive ones.

Remind yourself that you're on a realistic path so it will take time. Count your successes — no matter how small — and give yourself a hug. Remind yourself of what you're trying to accom-

plish and what your life will be like when you reach your goal.

Dealing with the emotional lows is part of the process when you're trying to achieve something big. Give into your emotions and you'll kick yourself later. Emotions are thoughts. Thoughts are in your mind. Your mind is yours to control. Change your thoughts and you'll change your emotions.

You're bigger than any barrier your mind can create for you. And you know you're on the right path.

Focus on what you've accomplished, on what you will accomplish, and take another step forward. Momentum will turn back in your favour. At least for a while. Then you can rebuild your strength to deal with the next emotional hurdle. It'll come. But you can get over it. Yes you can.



There are lots of highs and lows when tackling debt repayment. The key is to not let your lows ruin your resolve to stay on track. iSTOCK

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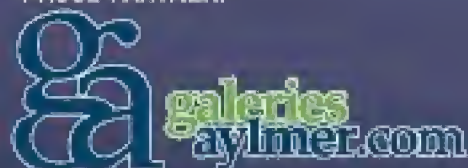
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After Saturday's 87-79 loss to the Spurs, the 62-7 Warriors can lose only two more games if they hope to beat the 1995-96 Bulls' best-ever finish

Djokovic just too strong for Raonic

BNP PARIBAS OPEN

'I need to work harder, I need to execute better,' Canadian star says

Canadian Milos Raonic believes he has what it takes to beat the top players in tennis. He just didn't have it in him on Sunday.

World No. 1 Novak Djokovic rolled past the Thornhill, Ont., product 6-2, 6-0 to win the BNP Paribas Open for a record fifth time, improving to 22-1 in matches this year.

"I need to work harder, I need to execute better," Raonic said. "I'm on the right track. It's about putting things together, being effective, which today I wasn't able to do."

"I think I have it within me, but obviously I need to reach a lot deeper to find that execution."

It was Djokovic's third consecutive title in the California desert, breaking a tie with four-time champion Roger Federer, who lost to the Serb the past two years in the final and skipped this year because of a knee injury.

The women's final was equally one-sided.

Victoria Azarenka defeated error-prone Serena Williams 6-4, 6-4, returning Azarenka to the world's top 10 for the first



Novak Djokovic and Milos Raonic embrace after Sunday's match in Indian Wells, Calif. ROBYN BECK/GETTY IMAGES

time since August 2014.

Djokovic needed an hour, 17 minutes to dispatch Raonic, whose big serve got broken five times.

The 25-year-old Raonic served

just four aces and had 27 unforced errors. His first serve averaged 128 m.p.h. (206 km/h) — much faster than Djokovic's 111 m.p.h. (178.6 km/h) — but he connected on only 55 per

cent. Djokovic landed 68 per cent of his first serves and was never broken.

Raonic, who had been sidelined through February with an adductor injury sustained

+ CRITIC SLAMMED BY SERENA

The tournament director of the BNP Paribas Open criticized the WTA Tour on Sunday, saying women's pro tennis players "ride on the coattails of the men" while describing them as "physically attractive and competitively attractive."

Raymond Moore, 69, made his comments to media before Sunday's finals, and they quickly appeared on social media. He later apologized.

Top-ranked Serena Williams objected, saying, "Those remarks are very much mistaken and very, very, very inaccurate." THE ASSOCIATED PRESS

during the Australian Open semifinal in January, left the court for treatment after Sunday's first set.

"It feels similar (to the Australian Open injury) but not as bad," Raonic said. "It could be frustrating, could not be. Maybe it's just sort of a mental way of my body protecting."

On the women's side, Williams gave fans little to cheer about on an unseasonable 91-degree (32 C) day while making 33 unforced errors. After getting broken to trail 3-0 in the second set, Williams returned to her seat and smashed her racket.

Trailing 5-1, Williams won three straight games and held two break points on Azarenka's serve in the last game. But Williams ended the match with three straight errors.

It was Azarenka's first victory over the top-ranked Williams since the Cincinnati final in August 2013.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

ARNOLD PALMER INVITATIONAL

Great Day for golf at Bay Hill

Jason Day turned his fortunes at just the right time Sunday by making a 12-foot birdie putt and then saving par from just under 100 feet away in a bunker to win the Arnold Palmer Invitational.

It was another great moment for Palmer, the 86-year-old tournament host who watched it unfold on the 18th green.

Day closed with a 2-under 70 for a one-shot victory over Kevin Chappell, who looked as if he might finally win in his 150th start on the PGA Tour. Chappell didn't flinch the entire back nine until his tee shot was buried in deep rough on the 18th, forcing him to lay up. He hit wedge to 25 feet and was ready to putt when he heard the big roar when Day made birdie on the 17th to tie for the lead.

"Being honest, kind of had me rattled a little bit," Chappell said. He left his par putt well short and made bogey for a 69.

The closing hole at Bay Hill was just as tough for Day.

With a one-shot lead after Chappell made bogey, Day took water out of play from the right rough and went well left of the green into a bunker, 95 feet away with water on the other side of the green. Day blasted out to 4 feet and made the par for his first victory of the year.

He moves to No. 2 in the world and will have a chance to overtake Jordan Spieth next week in the Dell Match Play.

David Hearn of Brantford, Ont., was the top Canadian, 10 strokes back. THE ASSOCIATED PRESS



BASKETBALL RAVENS IN CIS FINALS Carleton's Ryan Ejim dunks against the Dalhousie Tigers during the Ravens' 76-66 CIS championship semifinal win in Vancouver on Saturday. Go to metronews.ca for coverage of Sunday night's final against the Calgary Dinos. THE CANADIAN PRESS/DARRYL DYCK

MARCH MADNESS

Notre Dame nips Austin
Rex Pflueger tapped in a miss with 1.5 seconds left and Notre Dame survived a valiant effort by No. 14 seed Stephen F. Austin 76-75 on Sunday to reach the Sweet 16 of the NCAA Tournament for the second consecutive season.

With 17.5 seconds left, sixth-seed Notre Dame grabbed an SFA rebound down one and put it in the hands of Demetrius Jackson. The point guard drove to the basket and missed. Zach Auguste

followed for the Irish (23-11) but could not convert. The ball slipped off the rim and with one hand Pflueger flipped it in for his only basket of the game.

THE ASSOCIATED PRESS

Villanova routs Iowa
Josh Hart scored 19 points and second-seeded Villanova advanced to the Sweet 16 for the first time since 2009 with an 87-68 rout of seventh-seeded Iowa on Sunday in the South Regional.

THE ASSOCIATED PRESS

NBA

DeRozan sinks 25 as Raptors top Magic

DeMar DeRozan poured in 25 points to lift Toronto to a 105-100 victory over the Orlando Magic on Sunday, the Raptors' seventh consecutive victory at the Air Canada Centre.

Luis Scola added 20 points, while Kyle Lowry added 18 points. Bismack Biyombo grabbed a game-high 11 rebounds to go with 12 points and six blocks, and Terrence Ross chipped in with 13 for Toronto (48-21).

Victor Oladipo led the Magic (29-40) with 21 points. Andrew

Nicholson of Mississauga, Ont. added 15 and nine rebounds.

The Raptors, who began the night a game-and-a-half behind Cleveland for first in the Eastern Conference, were eager to finish out this home-heavy stretch with a victory.

They've had tremendous success at the ACC, going 16-2 at home in the 18 games prior to Sunday. They now hit the road where they'll play all but five of their remaining regular-season games. THE CANADIAN PRESS

RECIPE Grilled Salmon Salad



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada



Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

Spring's arrival calls for celebration. We love this salmon dinner that's been transformed into a fresh but hearty salad.

Ready in

Prep time: 10 mins
Cook time: 20 mins

Ingredients

- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper

Directions

1. Boil potatoes until tender.

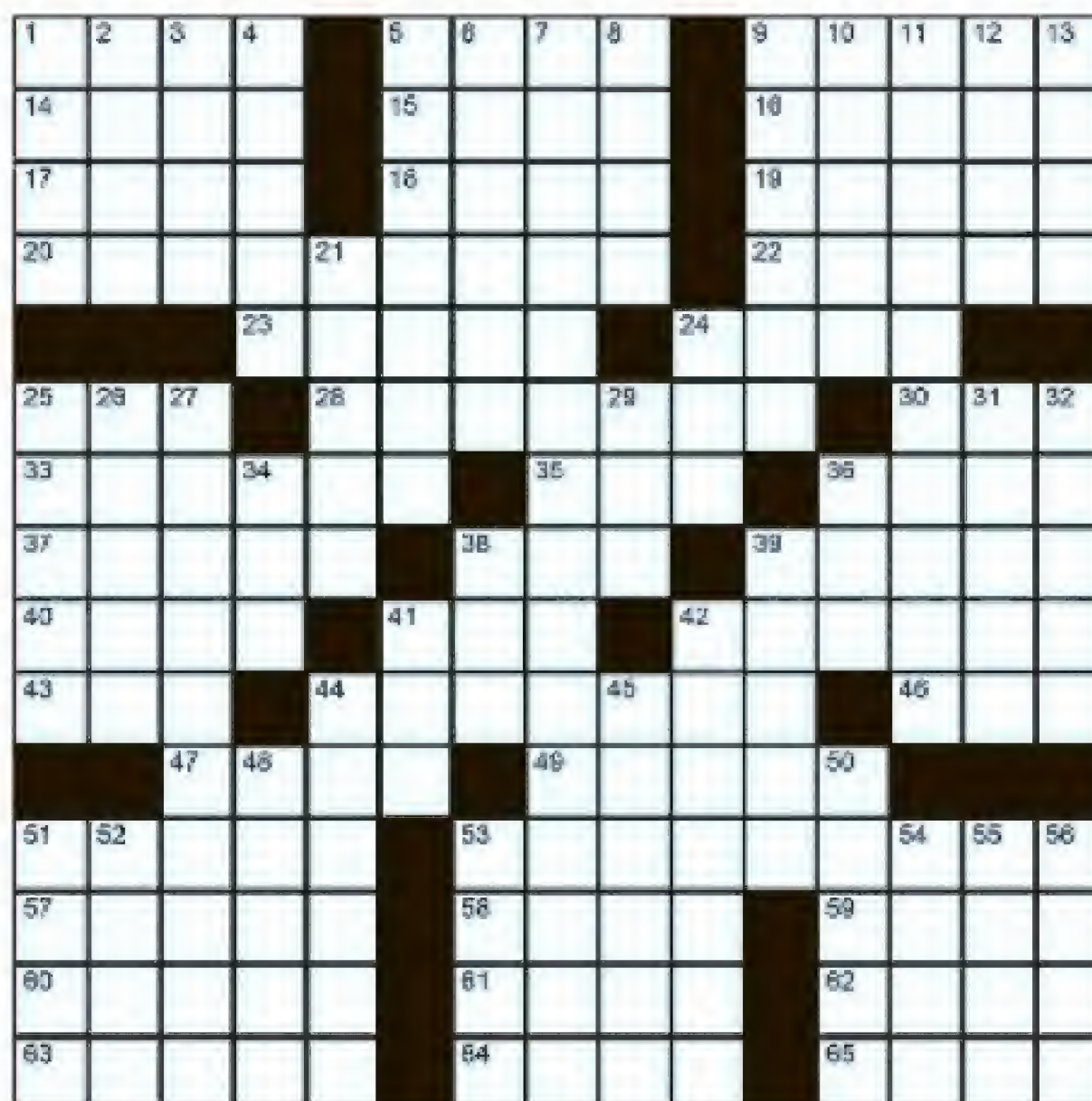
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kick up a fuss
5. Movie's group of actors
9. Contributed
14. Corn lily
15. Fever symptom
16. "Bleeding Love" singer Ms. Lewis
17. Molson drink
18. Agents, for short
19. Even
20. Small community near La Crete in northern Alberta where #27-Down are from
22. Brightest star in the constellation Orion
23. Nimble
24. Page in a paperback
25. Morse Code bit
28. Green Gables: School which Anne Shirley attended, _ College
30. Traveller's delay
33. Privileged people
35. Hesitant sounds
36. Enormous
37. Close-fitting
38. Stop-_-
39. Mountain-er's spike
40. Repeat
41. Prez
42. The Moody Blues tune: " _ Dream"
43. Race the motor
44. Some shore-birds
46. Ophthalmology orb
47. Tel _ Israel
49. Gladden
51. Hairstyling venue
53. Vera Wang customer



57. Mr. Firth
58. Formerly
59. 60 minutes
60. Anoint, ol-de-style
61. Film _ (Artsy movie style)
62. Vampire Weekend singer Mr. Koenig
63. Vampire novel-

- ist Stephenie
64. _ & Sciences
65. Microscope piece

DOWN

1. Lettuce variety
2. Eddie's "Beverly Hills Cop" (1984) role
3. Place
4. "Instant _" by John Lennon
5. Circus barkers
6. From times-of-yore
7. Queen Elizabeth, _ of the Church of England
8. See if it works
9. Bruce Wayne's butler
10. Alberta village, 'Gateway to the Handhills'
11. Canadian Football

League legend on the current season of "Dancing with the Stars"; 2 wds.
12. 'enoe' word-ending alternative
13. Writer Roald
21. White-plumed heron
24. Canadian star of 'Naked Gun' movies ...his initials-sharers
25. Dissuade
26. "The Brady Bunch" housekeeper
27. "County Line" Canadian country duo of brothers; 2 wds.
29. _ Medonte (Ontario township)
31. Suffering
32. Wishes granter
34. Howe'er
36. Particular pronoun
38. Prefix with 'classical'
39. Plague; French
41. Gladiator's 155
42. Those marking exam papers
44. Tail-to-donkey attacher
45. Prompt/evoke
48. Kind of curtain fabric
50. Lucy's famous sitcom friend
51. Defraud
52. Top-notched
53. _ fide (Authentic)
54. Slowly flow as sludge
55. Go from being a log to ash
56. Time divisions

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Yeah, it's that kind of day. Issues at work might be confusing. Steer clear of controversial conversations.

Taurus April 21 - May 21
It's easy to be confused with a friend or a member of a group today, especially regarding shared property or how to spend a certain amount of money. Tread carefully.

Gemini May 22 - June 21
Issues at home are confused today. This could be why relations with partners and close friends are challenged. Just be patient with everyone.

Cancer June 22 - July 23
Be careful today, because initially you might not have all the facts. Or perhaps the facts you have are incorrect. This is why someone will challenge you.

Leo July 24 - Aug. 23
Financial issues are a challenge today. For starters, some kind of deception or confusion is likely. Obstacles might arise with social plans, hotel reservations or something related to sports or children.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign, opposing Venus and Neptune, and at odds with Saturn. What does this mean? It means you might not have your facts right.

Libra Sept. 24 - Oct. 23
Be aware of deception and confusion today, especially at work. This might apply to your health. Whatever happens could cause you to worry. Relax — this is temporary.

Scorpio Oct. 24 - Nov. 22
Romantic relationships might disappoint you today. Ditto for financial arrangements! Yes, this is one of those Mondays. Good luck.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to deal with parents and authority figures, because people are uncooperative, in addition to which it's hard to get the right story about anything. Chill out.

Capricorn Dec. 22 - Jan. 20
You might be worried today. Don't worry — half the world is there with you. Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

Aquarius Jan. 21 - Feb. 19
Be careful about financial matters today, because confusion is rampant. In fact, even deceit is present, so beware!

Pisces Feb. 20 - March 20
This is a tough day for relating to practically everyone. Be respectful and low-key when dealing with authority figures. Be patient with partners and close friends. This is the toughest day of this week.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

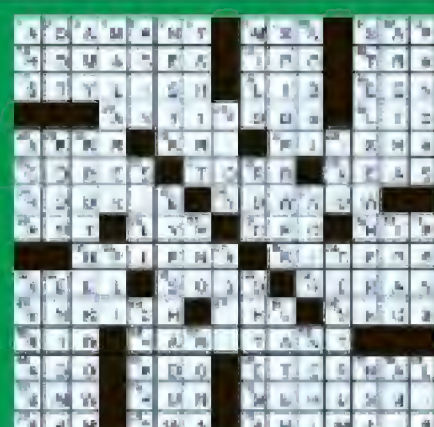


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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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